



Park & Recreation

Carmel Mountain Ranch/Sabre Springs Recreation Center

10152 Rancho Carmel Drive
San Diego, CA 92128
(858) 538-8100

<http://www.sandiego.gov/park-and-recreation/centers/recctr/>

Spring 2016 Program of Classes

Hours of Operation

Monday 10:00 am - 8:00 pm

Tuesday 9:00 am - 9:00 pm

Wednesday 10:00 am - 8:00 pm

Thursday 10:00 am - 9:00 pm

Friday 10:00 am - 7:00 pm

Saturday 9:00 am - 5:00 pm

Sunday CLOSED

**Online Registration is here!
Please see page #2 for details**

**In person class registration Hours vary.
Please call ahead to ensure staff is able to
process payments:**

858-538-8100

Note: All hours are subject to change



DIVERSITY
BRINGS US ALL TOGETHER



Recreation Center Closures

March 31 Cesar Chavez Day

May 30 Memorial Day

Important CMR/SS Information

CMR/SS STAFF

Area Manager II— Cathy Lawler
Center Director III—Tim Manion
Assistant Center Director—Anna Kalnes
GMW II—Urbano Estoque
Recreation Leader I—Cheryl Barbosa
Recreation Leader I— Diamond Candler
Recreation Leader I—Jesse Dawn
Recreation Leader I— Trent Martin
Recreation Leader I— Nico Silva

Registration, Payment, and Refund Policies

Online Class Registration is available for Playtime 4 Children, Lacrosse, Parents Night Out, Cooking, Little Tykes Super Sports, Parent Tot Super Sports, Dance to Evolve, Ice Skating, Lets Make Music, Susie's Line Dance and starting February 20 at 10:00am.

Class number is next to class description [1234]

Please visit www.SDRecConnect.com to create an account and get signed up.

Returning customers (previously registered for classes online) - Click the 'my account' button. Enter your login (email) and password. Login with this password to activate your account.

New Accounts— click on the 'create account' button. Fill out the new account request form completely, including all required fields (birth date, gender, email etc) and click submit. Please submit your request only once. You will receive a confirmation email at the address you provided. Please follow directions provided to activate your account.

****Please note:** (for first time users only) Parent/Guardian must create their own account first using their own information. Once you have an online registration account you will have the opportunity to add a child as a family member.

If you need help, please click the FAQ (frequently asked questions) button for more information.

In person registration Hours vary. Please call ahead to ensure staff is able to process payments: 858-538-8100

Children under 18 must be registered by a parent/legal guardian.

Payment Policies

Effective September 8, 2015, service fees will apply as follows for all transactions. For Online Registrations, \$2 Transaction fee and 3% Processing fee will be charged for every transaction. For In-house Registrations, \$2 Transaction fee will be charged for every transaction. Rates are established by the service provider and are nonrefundable.

- Payment is required at the time of registration.
- Please pay with EXACT cash, check made payable to CMRSS or Credit.
- A \$35.00 fee will be charged for all returned checks.
- Class fees are not prorated or discounted after the beginning of the scheduled session.

Refund Policies

- No partial refunds or make-ups for missed classes (i.e.— routine illness, vacations, or other schedule conflict). Sorry, no exceptions!
- A \$20.00 service fee will be charged per registrant for each refund request.
- Due to the nature of their business, class instructors rely on registration numbers in order to plan safe and well supervised classes. If you or your child are unhappy, or your child does not participate after the refund deadline, we cannot process a refund or transfer. Thank you for your understanding.
- A Refund Request Form and your registration receipt must be submitted prior to second class meeting.



All City of San Diego parks and beaches are smoke free.

Important CMR/SS Information

Recycle @ CMR/SS

Help make your local parks a better place to play...

Please bring all your plastic, glass, aluminum, newspaper, junk mail, cardboard, phone books, magazines (any paper products that can be ripped), tin cans, all types of glass and plastic bottles, etc. to the recycling bins* at Carmel Mt. Ranch/Sabre Springs Recreation Center.

All proceeds help keep our recreation center open!

For more information or any questions, please call

(858)538-8100

Thanks for supporting our parks!



*Bins located next to the first parking lot upon entering the driveway.



Recreation Council

This group of concerned citizens volunteer their time to advise Park and Recreation staff on matters related to park and recreation programs, community events, equipment and improvements.

They plan, promote, publicize and help provide recreation opportunities for the citizens in the Carmel Mountain Ranch and Sabre Springs communities. Groups, clubs and leagues using the parks are encouraged to send a representative to the meetings. Meetings are open to the public.

New membership is encouraged and welcomed.

The CMRSS recreation council meets the **FIRST Monday** of every odd numbered month at 7:00 PM. At the Carmel Mountain Ranch Recreation Center.

Persons interested in making a positive impact or who have concerns about local parks and the recreation center should attend these meetings. For more information, please contact:

Rec Center Staff: (858) 538-8100

Carmel Mountain Ranch/Sabre Springs Recreation Center is equipped with an Automated External Defibrillator (or AED) machine. In the event of a medical emergency, staff is fully trained to operate and assist if necessary.



Recreation Center Closures
March 31 Cesar Chavez Day
May 30 Memorial Day



Volunteers needed:

Ongoing opportunities are available at recreation centers, pools, and regional parks throughout the City, as well as with senior and therapeutic recreational programs. If you would like to volunteer, please see staff for more information visit:

<http://www.sandiego.gov/park-and-recreation/general-info/employment/volunteer/index.shtml>

Open Gym Free Play Hours:

Monday: PickleBall 10:00am - 12:00pm
Bball 12:00pm - 5:00 pm
Tuesday: Vball 9:00am -2:30pm
Bball 2:30pm - 4pm
Wednesday: Bball 10:00am - 2:00pm
Pickleball 2:00pm - 4:00pm
Thursday: Bball 10:00am - 3:00pm
Friday: PickleBall 10:00am - 12:00pm
Bball 12:00 pm – 2:00 p.m.
Pickleball 2:00pm—4:00pm
Saturday: No Open Play
Sunday: CLOSED

ALL hours are subject to change without notice. Please visit the Recreation center for a monthly calendar or check out the new Open Play Calendar on the website.

Therapeutic Recreation Services:

All activities accommodate persons with disabilities. Upon availability, therapeutic Recreation Services staff will provide additional assistance from recreation staff requiring a three week notice. An assessment will be made to determine if a one-on-one aide is needed. Therapeutic Recreation Services is a Citywide program that provides recreation opportunities for people with disabilities.

More information is available by calling them at (619)525-8247 or (619)525-8249TDD

Donations:

By donating to the Park and Recreation Department you can help to enrich the lives of others by improving the quality of the parks and programs. Locally the Carmel Mountain Ranch/Sabre Springs Recreation Council is a nonprofit organization, so you will enjoy the benefit of a tax deduction.

For more information please contact:

Center Director Tim Manion @ (858) 538-8103

IMPORTANT NUMBERS/CONTACTS

Black Mtn. Multipurpose Center.....(858)538-8128
Canyonside Recreation Center.....(858)538-8131
Hilltop Recreation Center.....(858)538-8198
Mira Mesa Recreation Center.....(858)538-8122
Rancho Bernardo Recreation Center...(858)538-8129
Scripps Ranch Recreation Center.....(858)538-8085

CMR Little League.....www.cmrl.org
Fit Athletic Club- City Pool.....(858)674-4480
Men's Basketball League.....(619) 991-8902
RB Rec Soccer.....www.RBYSA.com
San Diego Soccer Club.....Sandiegosoccerclub.org
Youth Basketball.....www.nextlevelsportssd.com

Requirements for Independent Contractors:

All contractors, sub-contractors and volunteers must be fingerprinted through the City of San Diego Live scan process. Contractors must submit a business license and proof of insurance. City staff handles all registration for the program. Contractors must provide Worker's Comp coverage for all employees.

All Independent Contractors are identified with an *independent contractor* on this program.

Permit Holder Requirements:

Must provide proof of insurance. Must provide own advertisement for program. Registration handled by the permit holder. Note: Permit holder is not required to submit proof of fingerprinting for their coaches, volunteers, and/or instructors.

All Permit Holders are identified with an **permit holder**on this program.

Special Events

Spring Egg Hunt

Saturday March 19, 2016

Ages: 0-11 years

**Activities will include
arts and crafts, jumper,
and an egg hunt.**

**Bring your own basket and
cameras for pictures with the bunny!**

Parks Fit San Diego 2016

Challenge: Walk, Run, Roll or Swim 30 miles between June 18 and August 13

Reward: Get fit, stay healthy & receive a Parks Fit SD t-shirt!

Join this year's Parks Fit San Diego program by visiting any City of San Diego Park and Recreation Department facility (recreation center, pool, nature center, activity center or golf course) for a quick and easy enrollment process. Choose one activity or mix it up. Track your miles and turn them in by the due date for your Parks Fit SD t-shirt!

Kickoff Event - 1 mile Fun Run & Market in the Park

Saturday, June 18, 2016 at 8:00am

Morley Field, 2221 Morley Field Drive, San Diego 92104

Finale Event - 5K Run/Walk & Family Celebration

Saturday, August 13, 2016 at 7:30am

NTC Park, 2455 Cushing Road, San Diego 92106

Stay Fit San Diego!

Visit: www.sandiego.gov/parksfit for more info.



Proudly Presented by:

Official financial partner of the City of San Diego

Registration hours vary.

Please call ahead to ensure staff is able to process payments: 858-538-8100

Youth Programs

LET'S MAKE MUSIC SCHOOL

LET'S MAKE MUSIC SCHOOL ~ MUSIC AND MOVEMENT

SHAKE IT UP! with Let's Make Music School

A child is never too young to attend a music and movement class. We learn new songs, explore instruments and move creatively, which all contributes to developing language, balance, coordination, impulse control, social and learning skills and much, much more.

All children, from infants to 5 year-olds and their caregivers, are invited to

JOIN us for this fun and active class.

PLAY a wide variety of rhythm instruments

CREATE with props-- such as hoops, scarves, bean bags, parachute

EXPLORE and develop a child's natural musicality

DANCE helps with impulse control, balance, coordination, expressiveness

MUSIC play aids in language development, reading, math and social skills

Tuesdays 9:30am - 10:15 am or **10:30 am - 11:15 am (**If enough sign up)

Spring 2016 - 6 week sessions

#1: March 1 – April 5

#2: April 19– May 24

Cost: Each 6 week session: \$78

Siblings only pay ½ price (immediate core family only).

Teachers: Sharon Mello and Marlys West
are celebrating 31 years of teaching music and movement

858-484-2287,

LMMS@juno.com

www.LetsMakeMusicSchool.com



****Independent Contractor****

Ice Skating

Students will learn to balance, skate forward and backwards, glide smoothly and stop. As skaters progress they'll learn some neat tricks too!

Skaters are welcome to practice during the public session from 3:00 – 5:00pm.

Location

San Diego Ice Arena

11048 Ice Skate Place in Mira Mesa.

Wednesdays Cost: \$50.00

Session Dates

Session I: March 2, 9, 16, 23, 30

Tots (3-5 yrs) 4:00 - 4:30pm [24051]

Youth (6-16 yrs) 4:30 - 5:00pm [24052]

Session II: April 6, 13, 20, 27

Tots (3-5 yrs) 4:00 - 4:30pm [24056]

Youth (6-16 yrs) 4:30 - 5:00pm [24057]

Session III: May 4, 11, 18, 25

Tots (3-5 yrs) 4:00 - 4:30pm [24314]

Youth (6-16 yrs) 4:30 - 5:00pm [24315]

For more information, contact: (858) 530-1826

Instructor: Breanne Bonilla

Skates will be provided

****City Staff Program****

Playtime 4 Children

Ages 4 and Under



Playtime 4 Children offers babies and toddlers the opportunity to explore the world around them. All while developing social, gross, and fine motor skills. Each week we will explore a new theme while having fun playing music, having an active warm-up, free play, and Storytime.

Date: Thursdays, February 25 - March 24

Time: 10:00am - 10:45am

Location: CMR/SS Multipurpose Room

Cost: \$45.00 [24064]



****City Staff Program****

JUNIOR CHEFS

AGES 6-12



Get ready to put your hands and taste buds to the test! Learn to make fun and tasty recipes to share with your friends and family. We will also take a closer look at the nutrition and ingredients that go into each recipe. Come ready to cook up your appetite.

Date: Wednesdays, March 9 - April 6

Time: 5:00pm - 6:00pm

Location: CMR/SS Recreation Center MPR

Cost: \$40.00 [24916]



Class registration Hours vary. Please call ahead to ensure staff is able to process payments:

858-538-8100

Youth Programs

****City Staff Program****

Parent Tot Super Sports Toddlers 18 months - 3 years old



Parents get excited to have fun playing and learning new sports with your child. Together you can work on coordination, motor skills, and having FUN while learning and playing! Parents Participate with child. No class Saturday March 19 instead join us for the Spring Egg Hunt.

Saturdays, March 5 - April 9
9:00am - 9:45am
Cost: \$20.00 [24093]

****City Staff Program****

Little Tykes Super Sports Ages 4 - 6



Get ready for some fun while learning coordination, motor skills, and balance through a new sport each week. Basic rules and mechanics will be taught through exciting games and drills. No class Saturday March 19, instead join us for the Spring Egg Hunt.

Saturdays, March 5 - April 9
10:00am - 10:45am
Cost: \$25.00 [24094]



****Independent Contractor****

Dance to Evolve

Tiny Movers Tap/Ballet Class (3 - 4 yrs)

55-minutes. A combination dance class of tap and ballet with dance games. This energetic and expressive class will have your Tiny Mover learning basic dance and motor skills, musicality and rhythm to reach class goals in fun creative ways. This is the first 'big girls and boys' class as parents watch from outside of the room. Thursday 4:00-4:55pm

Session (13wk) 03/03-06/02 (no class 3/31) \$195 [24400]
Session (5wk) 03/03-04/07 (no class 3/31) \$84 [24403]
Session (8wk) 04/14-06/02 \$134 [24404]



Star Shiners Tap/Ballet Class (4.5-6 yrs)

55-minutes: Keep your Star Shiner moving in this tap and ballet combination class. This progressive class introduces curriculum goals through fun movement allowing your dancer to be challenged while expressing themselves. Dancers develop dance, listening, and coordination skills, including an emphasis on ballet terminology and technique. Once a month, class will get switched up with a jazz dance day! Thursday 5:00—5:55pm

Session (13wk) 03/03-06/02 (no class 3/31) \$195 [24399]
Session (5wk) 03/03-04/07 (no class 3/31) \$84 [24401]
Session (8wk) 04/14-06/02 \$134 [24402]



San Diego Civic Dance Arts

Classes: Mondays, January 4 – May 16 ; no classes on city holidays, February 1, March 28, April 4 (*Dates subject to change.*)

Cost: \$41 payable to City Treasurer (\$2.00 Transaction Fee)

Class Schedule: Mondays

3:30pm Beg Ballet 1A CMR/SS #20215 (7-17yrs)

4:15pm Beg Jazz 1A CMR/SS #20214 (6-17yrs)

5:00pm Adv Beg Jazz 2A CMR/SS #20216 (8-17yrs, pre requisite skills required)

Dance office: [619-235-5255](tel:619-235-5255) www.cividdancearts.org

****City Staff Program****

Lacrosse

Ages 6 - 10



This program is a skills class. We will focus on proper stick handling, shooting, play formations, along with basic rules and mechanics.

Tuesdays, March 8 - April 12
4:00pm - 5:00pm
Cost: \$25.00 [24065]

Class registration Hours vary. Please call ahead to ensure staff is able to process payments:

858-538-8100

Youth Programs



SPRING Youth Sports Academy Classes

Register today online at **MASTERSPORTS.com**

Classes do fill up so register early. Visit our website to learn all about these popular classes.

Basketball

Basketball classes focus on improving the fundamentals of class participants by teaching new skills and then having them work on them through a variety of different drills and games. Held in gym. Basketball and Class shirt included.
8 weeks/\$120 (3/29-5/17/16)

Tuesday	K-2 grades	400pm-500pm
Tuesday	3-6 grades	500pm-600pm

Xtreme Dodgeball

The game is played in the gymnasium with inflatable obstacles used for ducking, dodging and hiding. Our dodge balls are child friendly soft foam core models to create a safe and Xtremely fun time. Class shirt included. NEW 2 HOUR DROP OFF!
8 weeks/\$120 (4/7-5/26/16)

Thursday	K-2 grades	330pm-530pm
Thursday	3-6 grades	330pm-530pm

Soccer

Students will improve their ball handling, goal scoring, passing and more in this class. A great opportunity for players to maintain and improve their skills all year round. The class is formatted with games and drills that are perfect for all levels of play. Soccerball and Class Shirt included.
8 weeks/\$120 (3/28-5/16/16)

Monday	3-5 years	300pm-350pm
Monday	K-2 grades	400pm-500pm
Monday	3-6 grades	500pm-600pm

Jr. Sports

Participants will play soccer, basketball, tee-ball, flag football and track and field. Our coaching philosophy is to give participants a foundation in each sport by incorporating rules into modified games that are appropriate for each age group and most importantly a lot of fun. Sports Gift and Class Shirt included.
8 weeks/\$120 (3/31-5/19/16)

Thursday	3-4 years	930am-1020am
Thursday	4-5 years	1030am-1120am

SUMMER CAMP REGISTRATION BEGINS MARCH 1 BASKETBALL, XTREME DODGEBALL, GAME CHANGER AND JR. SPORTS

Register for these programs by visiting www.Mastersports.com
CMRSS DOES NOT handle registration for these classes

PARENTS NIGHT OUT

Ages 5 - 12



Parents **DROP** your kids off for a night of fun just for **THEM!** Youth will enjoy dinner, games, sports, arts & crafts, a snack, movies, and more! Each month will feature a special event. Pre-registration required, sign up early to guarantee a spot.

Time: 5:30pm to 9:00pm Cost: \$15.00

Friday February 26: Create your own Soda Float

Friday March 25: Crazy Challenge Night

Friday April 22: Scavenger Hunt

Adult Programs

****Independent Contractor****

Susie's Dance Party

Come and join in the fun with Susie's line dancing group!
Line dancing lessons for adults with disabilities.



Tuesdays

4:45- 6:00 PM

Cost: \$32.00

March [24053]

April [24054]

May [24055]



Fee Waivers Available

****City Staff Program****

Therapeutic Recreation Social Motion Club

This program is designed for people who have a developmental disability, ages 16 and over.

We have a Recreation Night one Friday Night a month, from 5:00- 8:30 pm at our center.

Each meeting has a theme and will include an activity and a dinner. The cost is \$5 a person.

If you would like to sign up, join our mailing list, or if you have any questions,
please call : (619) 525-8247, TDD (619) 692-3866.

March—Carnival Night [22972]

April—Science Night[23000]

May-Disney Night [23003]

****Permit Holder****

Adult Basketball

Contact League Director,
Lance Allison

(619) 991-8902 for more information.

www.sandiegoabl.com



Men's B-Division

Tuesdays

Men's 50 and Over

Thursdays

****Independent Contractor****

YOGA SPORT

with Janice

A multi-level fitness class designed for strength training, cardio endurance, and stretching. Modifications can be made throughout the class.

Wednesday 10am - 11am

March 2 - April 13 (7 Sessions) Cost:\$70.00

April 20 - May 25 (6 Sessions) Cost:\$60.00

Park Reservation Information

**Parties, picnics, sporting events...
large or small, we do it all!**

You can get information about permit fees, and availability for the following parks by contacting **(858) 538-8100**. Please note that all park and building use permits are issued by appointment only.

Please pay with credit card, exact cash or check made payable to 'city treasurer'

Sabre Springs Park Softball Fields

12953 Sabre Springs Parkway

San Diego, CA 92128

Area description : Lighted softball fields, tot lot, picnic areas, walking areas and outdoor restrooms.

South Creek Neighborhood Park

12249 Wickerbay Cove

San Diego, CA 92128

Area description : Tot lot, grassy area, outdoor restrooms, shaded picnic area, softball fields.

Highland Ranch Park

12140 Eastbourne Road

San Diego, CA 92128

Area description : Tot lot, grassy area, softball field, and outdoor restrooms.

Carmel Mt. Ranch/Sabre Springs Recreation Center and Park

10152 Rancho Carmel Drive

San Diego, CA 92128

(858) 538-8100

Area description : Meeting /activity rooms, gymnasium and kitchen, two softball fields (one lit), multipurpose field, tot lot, indoor and outdoor restrooms, picnic areas, two outdoor